

Help Your Child Grow, Glow And Go

Feed your child foods to help them:



have energy to go



fight sickness and infections

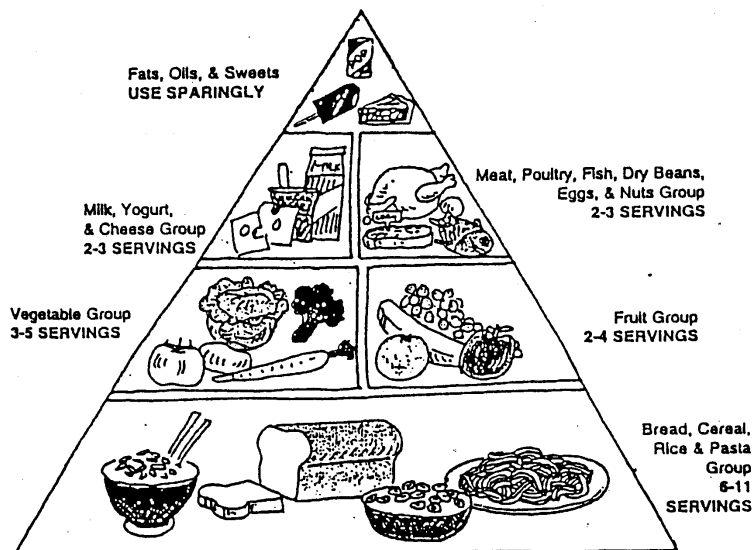


grow








glow with good health

Feed your child often. A child's stomach is small. Your child needs to eat often, 5 or 6 times each day. Serve small portions. Let child ask for seconds.



Children need small servings. A serving is $\frac{1}{2}$ slice bread, $\frac{1}{4}$ to $\frac{1}{2}$ cup cereal or pasta, $\frac{1}{4}$ to $\frac{1}{2}$ cup fruits or vegetables or juices, 1 ounce of meat or 1 egg, and $\frac{1}{2}$ cup milk.

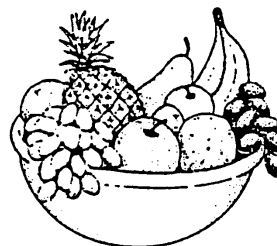
Sample Menu

Meal	One Year Old	Two-Three Year Old	Four to Five Year Old
Breakfast 	$\frac{1}{2}$ cup milk $\frac{1}{4}$ cup hot cereal $\frac{1}{2}$ small banana	$\frac{1}{2}$ cup milk $\frac{1}{2}$ cup orange juice $\frac{1}{2}$ dry cereal	$\frac{3}{4}$ cup milk 1 scrambled egg 1 slice toast $\frac{1}{2}$ cup orange juice
Snack 	$\frac{1}{2}$ cup milkshake 1 graham cracker	$\frac{1}{2}$ cup apple juice cheese cubes	$\frac{1}{2}$ cup pineapple juice 3-4 crackers
Lunch 	$\frac{1}{2}$ cup milk $\frac{1}{2}$ grilled cheese sandwich 2 tablespoons peas $\frac{1}{2}$ peach	$\frac{1}{2}$ cup milk $\frac{1}{2}$ cup ham and spilt pea soup 1 cornbread muffin apple slices	$\frac{3}{4}$ cup milk 1 tuna sandwich 3-4 carrot sticks
Snack 	$\frac{1}{2}$ cup milk $\frac{1}{4}$ cup dry cereal $\frac{1}{4}$ cup orange juice	$\frac{1}{2}$ cup yogurt 3-4 crackers	$\frac{3}{4}$ cup milk peanut butter on celery
Dinner 	$\frac{1}{2}$ cup milk 1 chicken leg $\frac{1}{4}$ cup rice 2 tablespoons carrots $\frac{1}{4}$ cup applesauce	$\frac{1}{2}$ cup milk 2 ounce hamburger patty $\frac{1}{3}$ cup noodles $\frac{1}{4}$ cup broccoli $\frac{1}{2}$ cup lettuce salad	$\frac{3}{4}$ cup milk $\frac{3}{4}$ cup chili $\frac{1}{2}$ cup tossed spinach salad 1 piece cornbread

Try this recipe:

Banana Pudding

- $\frac{1}{2}$ cup unsweetened applesauce
- 1 tablespoon peanut butter
- 2 bananas, sliced
- 1 tablespoon unsweetened apple juice concentrate.



Combine all ingredients in a blender. Serve in small dishes or cups. Makes 4 small servings.